

AUGUST 2015



Monday	Tuesday	Wednesday	Thursday	Friday
3 10:00 ETHICS WITH A TWIST OF HUMOR-RABBI HERMANN,PH.d 10:30 CARDS/GAMES 11:00 FIT AND FAB WITH LORI 1:00 SKETCH CLASS WITH MELANIE	4 10:15 <u>"SMART SENIORS-WHAT YOU SHOULD BE AWARE OF!!"</u> PRESENTED BY PAUL MATTHEWS OF THE NYS ATTORNEY GENERAL'S OFFICE 10:30 CARDS/GAMES 11:15 FIT FOR LIFE -WITH MARIA	5 10:00 "HEALTH FOR THE SENIOR YEARS" WITH BRAD FRITZ 10:30 CARDS/GAMES 11:00 YOGA WITH MAGDA	6 10:00 CURRENT EVENTS -TRUDI 10:30 CARDS/GAMES <u>*NYS ASSEMBLYMAN, TODD KAMINSKY VISITS OUR CENTER *</u> 11:05 DANCE/ MOVEMENT -LISA 1:00 SHOPPING TO TRADER JOES	7 10:00 CREATIVE WRITING 10:30 CARDS/GAMES 11:00 TAKE CONTROL OF YOUR BODY THROUGH EXERCISE WITH SANDYE
10 10:00 ETHICS WITH A TWIST OF HUMOR-RABBI HERMANN,PH.d 10:30 CARDS/GAMES 11:00 FIT AND FAB WITH LORI 1:00 SKETCH CLASS WITH MELANIE	11 10:15 <u>"MAKE YOUR VOTE COUNT!!"</u> WITH ELLA STEVENS - NASSAU COUNTY BOARD OF ELECTIONS 10:30 CARDS/GAMES 11:15 <u>TOTAL BODY FITNESS -WITH SAMANTHA</u>	12 10:00 "HEALTH FOR THE SENIOR YEARS" WITH BRAD FRITZ 10:30 CARDS/GAMES 11:00 YOGA WITH MAGDA 12:45 <u>TRIP & PROG/CTR CNCL MTG</u>	13 10:00 CURRENT EVENTS -TRUDI 10:30 CARDS/GAMES 11:00 <u>TOTAL BODY FITNESS -WITH SAMANTHA</u> 1:00 PAINTING WITH MARSHA 1:00 SHOPPING TO WALDBAUMS	14 10:00 CREATIVE WRITING 10:30 CARDS/GAMES 11:00 TAKE CONTROL OF YOUR BODY THROUGH EXERCISE WITH SANDYE
17 10:00 ETHICS WITH A TWIST OF HUMOR-RABBI HERMANN,PH.d 10:30 CARDS/GAMES 11:00 FIT AND FAB WITH LORI <u>(NO SKETCH CLASS TODAY)</u>	18 10:00 <u>EXCERPTS FROM BROADWAY'S, "THE LITTLE MERMAID"</u> - PRESENTED BY THE PROFESSIONAL YOUTH THEATRE 10:30 CARDS/GAMES 11:15 FIT FOR LIFE -WITH MARIA	19 10:00 "HEALTH FOR THE SENIOR YEARS" WITH BRAD FRITZ 10:30 CARDS/GAMES 11:00 YOGA WITH MAGDA 1:30-3:30 <u>FARMER'S MARKET COUPON DISTRIBUTION</u>	20 10:00 CURRENT EVENTS -TRUDI 10:30 CARDS/GAMES 11:05 DANCE/ MOVEMENT -LISA 1:00 PAINTING WITH MARSHA 1:00 SHOPPING TO WALDBAUMS	21 10:00 CREATIVE WRITING 10:30 CARDS/GAMES 10:30 <u>HEALTH SCREENING</u> 11:00 TAKE CONTROL OF YOUR BODY <u>NATIONAL SENIOR CITIZEN'S DAY LUNCHEON & PARTY AT THE M.L.K</u>
24 10:00 ETHICS WITH A TWIST OF HUMOR-RABBI HERMANN,PH.d 10:30 CARDS/GAMES 11:00 FIT AND FAB WITH LORI 1:00 SKETCH CLASS WITH MELANIE	25 10:15 <u>"POISON PREVENTION IN THE HOME"</u> WITH EDUARDO TORRES OF THE NYC POISON CONTROL CENTER 10:30 CARDS/GAMES 11:15 FIT FOR LIFE -WITH MARIA	26 10:00 "HEALTH FOR THE SENIOR YEARS" WITH BRAD FRITZ 10:30 CARDS/GAMES 11:00 YOGA WITH MAGDA	27 10:00 CURRENT EVENTS -TRUDI 10:30 CARDS/GAMES 11:05 TOUCH OF EVERYTHING -LISA 12:00 <u>GENL MEMBERSHIP MTG</u> 1:00 PAINTING WITH MARSHA 1:00 SHOPPING TO WALDBAUMS	28 9:30-11:30 <u>FARMER'S MARKET COUPON DISTRIBUTION</u> 10:00 CREATIVE WRITING 10:30 CARDS/GAMES 11:00 TAKE CONTROL OF YOUR BODY THROUGH EXERCISE WITH SANDYE
31 10:00 ETHICS WITH A TWIST OF HUMOR-RABBI HERMANN,PH.d 10:30 CARDS/GAMES 11:00 FIT AND FAB WITH LORI 1:00 SKETCH CLASS WITH MELANIE	<u>FARMER'S MARKET COUPON DISTRIBUTION WILL TAKE PLACE ON:</u> <u>WED. AUGUST 19 (1:30PM-3:30PM)</u> <u>FRI. AUGUST 28 (9:30AM-11:30AM)</u>	<u>SAVE THE DATE!!</u> <u>SWINGIN' SEPTEMBER SOIREE</u> WED., SEPT. 2, 2015 @ 4:00PM <u>ENTERTAINMENT BY RICKI PENN</u>	<u>\$5 for ENTERTAINMENT</u> (A contribution box will be available for your voluntary dinner contribution) <u>ADVANCED RESERVATIONS ONLY!!</u> CALL 516-432-5555 FOR MORE INFO.	<u>WELCOME NEW MEMBERS:</u> ROSE MARIE JONES LIDIA GONZALES BARBARA PAPROCKI GENEVIEVE RIVAS

JASA LBSC-75 East Walnut St., Long Beach- 516-432-5555

JASA SENIOR CENTER

Staff:

Project Director, Senior Center-Mindy Leeper

Assistant Project Director, Senior Center-Bonni Goetz

Zdenka Polom, Coordinator of Transportation and Home

Delivered Meals

Leslie Blumenthal, Office Manager

If you are interested in speaking with a Social Worker or would like information about caregiver support groups please call 432-0570

Daily Lunch:

- Lunch is Kosher and served daily at 12 noon.
- Reservations for lunch are required and must be made **NO LATER THAN 1:00pm** on the **business** day **BEFORE** you will be joining us for lunch. Reservations can be made by calling 432-5555.
- Suggested Voluntary Lunch Contribution is \$3.00

Other Important Information

Door to door transportation to the JASA Long Beach Senior Center is provided for registered members residing in Atlantic Beach, Long Beach, Lido and Point Lookout. Call **516-432-5555**

Medical Transportation is available for seniors living in Long Beach, Atlantic Beach, Point Lookout and Island Park. For more information and reservations please call **516-432-0570**.



Long Beach Senior Center

75 EAST WALNUT STREET

Long Beach, NY 11561 516-432-5555

Welcomes all persons 60 years young & over!!

Open Daily Monday thru Friday

- EXTRAORDINARY PEOPLE
- LUNCH CAFÉ
- LECTURES
- ENTERTAINMENT
- ART CLASSES
- EXERCISE
- MUSICAL PERFORMANCES
-and SO MUCH MORE!!!!

Funded by: This program is made possible with funding from the Nassau County Department of Human Services, Office for the Aging, through the NYSOFA, and the U.S. Administration on Aging. JASA is a member agency of UJA-Federation of New York.